



# IMHG Newsletter

January 2005

## Family Gram, Camp Pendleton

With regards to the upcoming rotation, the two questions I have most recently received have been: How will I be notified when and where to meet my returning Marine or Sailor? and Will my returning Marine or Sailor be given a 96-hour liberty period or allowed to take leave immediately upon their return?

Because of Operational Security we cannot publish or divulge the flight schedules of regular military or military charter flights, until they have left Kuwait. Additionally, because of the number of personnel returning during this rotation, we cannot personally call every family to let them know when their Marine or Sailor will arrive at Camp Pendleton. If family members have been communicating with their Marine or Sailor, they should know within a day or two when they are scheduled to arrive home. Family members can confirm this by calling the section the Marine or Sailor works for. Because of unexpected delays and layovers, flights often do not arrive on schedule. For updated information, within (12) hours of a flights scheduled arrival time, family members can contact the I MHG S-1 section during normal working hours at (760) 763-2692, or the I MHG Command Duty Officer during non-working hours at (760) 763-2693 or 212-0782.

Once a flight arrives at March Air Force Base or Marine Corps Air Station Miramar, it takes approximately two hours to off load and process personnel for follow on movement. The travel time from March and Miramar to Camp Pendleton is approximately one to one and a half hours. Once Marines and Sailors arrive at Camp Pendleton they must turn in their weapon at the Armory, before they are bused to the family reception area. Families are not allowed to meet Marine or Sailor at either March or Miramar. Because of concerns for safety and security, family members are highly encouraged not to try to follow the buses with returning Marines or Sailors from March or Miramar. Because of you anticipation, I know it will be hard not to run over to the Armory to meet your returning loved one, but for security reasons and the opportunity for all families to meet their loved ones at the same time, we asked that you wait for the buses to bring returning Marines and Sailors to the family reception area set up in the parking lot behind the I MHG Command building.

Before returning Marines and Sailors arrive at the family reception area, they will receive a basic safety brief. Upon reuniting with their family and friends returning personnel will be granted a 96-hour liberty period. Upon completion of the

96, all returning personnel will be on a one week half day work schedule, during which they will check back into I MHG to ensure all administrative and medical requirements are completed, and to complete an operational pause / stand down. During this pause / stand down returning Marines and Sailors will receive a Safety/Risk Management Brief that will include aspects of alcohol use, motor vehicle operations, and health and other general behavioral issues. Additionally, they will receive a Post Deployment Transition Brief, that will re-emphasize information they were given in-theater during the Reintegration Brief, but this brief will be presented in a small group setting, 25 or less, and focused on available resources to assist individuals and families with transition. Only after the completion of the one week half day work schedule, check-in and receipt of the two briefs, will returning Marines and Sailors be allowed to take leave.

Col. Kauer



## VTC-Video Tele-conference

Sunday, February 6, 2005  
9 AM-1 PM

The process is as follows:

- The spouse calls **760-500-2698** to be put on the list
- The slots are determined by the *Marines Deployment date*
- The list of the *8 longest deployed* will be submitted 10 days to the **VTC** date to the FRO rear.
- The FRO forward will coordinate the Marines schedule to ensure their presence at the **VTC**.
- Once all *8* are established, I will receive the list with confirmation time slots.
- A call will be made to the spouses to confirm their time slots.

**\*Deadline January 27\***

Please call Laura if you have any questions 760-500-2698

**We'll have a VTC scheduled in March**

Your KV Rep will provide details at later date





## ATTENTION SPOUSES

Of Deployed Marines and Sailors

IMHG, IMEF is Hosting

### **Reunite, Readjust & Rediscover Workshop**

**January 12, 2004  
6-8 PM**

*Another one coming soon in Feb in case you miss  
this one!*

**At Abby Reinke Comm. Center  
Stuart Mesa Housing Area**

### **Childcare Provided**

RSVP by January 10, 2005

Leave a message 760-500-2698 or e-mail  
[crawfordl@i-mef.usmc.mil](mailto:crawfordl@i-mef.usmc.mil)

*SAVE THE DATE! This will be a fun, exciting and NEW  
way to prepare for the homecoming of our marines and  
sailors. You don't want to miss it because everything you  
need to know and what to expect!!!!!!*



### **US POSTAL SERVICE**

**OFFERING FREE** packing materials to  
Spouses & families of military member  
**TAKE ADVANTAGE OF THIS SERVICE CALL:**

1-800-610-8734, Option #3

**SEND YOU FREE** boxes, packing  
materials, tape and mailing labels

- Boxes 12x12 and 8" in depth.
- 25 boxes/ carton



## Cheers

**Happy New Year from CE/I MHG**

**To all families**

*Thank you to all Key Volunteers for the support to there contacts  
whose Marine or Sailor is deployed*



### **FREE TAX SERVICE AT VITA**

**Expected Refund 7-10 Business Days**

**VITA Bldg 1687**

### **INCOME TAX PREP & E-FILING**

**January 24 - April 15 Hours of Operation**

**Tuesday - Friday 8:00am-5:00pm**

**Saturday 9:00am-2:00pm**

**Phone Number 763-2518**

### **What To Bring**

- \* Dependents' Social Security Cards
- \* Military ID
- \* All Income Info: W-2's and 1099's
- \* Deductions/Credits Info
- \* Checkbook **OR** Routing and Account Numbers
- \* Divorce/Separation Decree or a Signed IRS Form 8322 or 2120 if non-Custodial Parent
- \* Special Power of Attorney if One Spouse is filing for Both
- \* A Copy of Last Year's Tax Return





## Information and Referral Resources

**Birth of child** 800-951-5600  
**Car Repair** 760-763-0595  
**Navy/Marine Corp Relief** 760-725-5338  
**Child Abuse (CPS)** 800-344-6000  
**Counseling (N. County Coastal)** 760-943-0997  
**Consumer credit counseling** 888-298-2227  
**Legal Assistance** 760-725-6172  
**Drug/Alcohol Abuse** 760-725-5538  
**Emergency Child Care** 760-725-3888/0845  
**PAO (Media request)** 760-725-5569  
**No ID/Lost** 760-725-2768  
**DEERS** 760-725-2442  
**Rape CP Naval Hospital** 760-725-9806  
**Run out of money/No Food** 877-985-5942  
**Sexual Abuse of children** 800-344-6000  
**Suicide** 760-725-3888/**Chaplain** 760-725-4700  
**Hotline (suicide)** 800-479-3339  
**Transportation (local YMCA)** 760-385-4921  
**1 Mar Taxi** 760-632-8888  
**Victim of Criminal Activity 911 or 760-725-3888**  
**Women's resource center** 760-757-3500  
**USNH (24 hours)** 760-725-6877  
**Emergency housing (off base victim)** 800-843-2182  
**Domestic Violence Hotline** 714-992-1931  
*Referrals 800-978-3600*  
**Career Focus** 760-725-9451  
**Vehicle Registration** 760-725-2106  
**WIC** 800-500-6411  
**MOM'S (Military Outreach Ministry)** 877-895-5942

### CUT & KEEP

**I MEF Command Message** 866-676-0662  
**MCB CP Staff Duty Chaplain** 760-561-5617/56181  
**MHG Chaplain** 760-725-6960  
**I MHG Key Volunteer Rep** 760-500-2698  
**I MHG Key Volunteer V-mial** 760-763-4785  
**CREDO** 760-725-4954  
**L.I.N.K.S** 760-725-2335  
**American Red Cross** 800-951-5600  
**Commanding Officer**  
760-725-2683  
**Executive Officer**  
760-763-2687  
**Sergeant Major**  
760-763-2689  
**Family Rediness Officer (FRO)**  
760-725-6979



### "Q & A?" Section

**Question:** One of the concerns/questions that has come to the attention of the Key Volunteer Network has been "My Marine/Sailor has changed and is not adjusting well to their redeployment from Iraq. How can I help them?"

**Answer:** First let me state there is no standardized answer to this question. Each situation needs to be evaluated individually to determine possible solution/answers. When individuals are exposed to stressful environments such as combat, self defense mechanisms kick in to help them cope and survive. Both mentally and emotionally. Everyone who has been in combat or a combat zone is effected to one extent or another by the stress and possible trauma they were exposed to. Most handle it well and make a smooth transition back to everyday life. A small percentage however, will experience some difficulty.

Whether you're a Marine or Sailor who has served in a combat zone, or if you're a spouse or family member of a Marine or Sailor who has, the first thing you can do to help yourself or others is to educate yourself on the effects of combat stress and trauma. Become aware of the signs and symptoms exhibited by individuals who are not transitioning well. Marines and Sailors can do this by paying attention to the information provided during transition briefs. Spouses and family members can do this by attending one of the Reunite, Readjust, and Rediscover (RRR) Workshops provided by MCFTB, approximately two months before your Marine or Sailor returns. MCFTB has RRR Workbooks available for those who can't make it to one of these workshops. Other sources of information include an individual's Command, Unit Chaplains, MCFTB, Counseling Services, and MCCS One Source. Besides educating oneself, here are other ways to help yourself or others with the transition process:

1. Marines or Sailors should talk to other about their combat or deployment experience. Please see the Nov Newsletter article titled "Tell Me Your Story".
2. Please see the Oct Newsletter for helpful suggestions for assisting children with the deployment transition process.
3. Understand that the transition process takes time.
4. Talk to a Unit Chaplain and or ask for them to conduct an informal evaluation.
5. Seek counseling through Counseling Services.
6. Utilize the free counseling services available through MCCS One Source.



A lot of Marines and Sailors have the misperception that admitting they are having difficulties transitioning or need the help of a Chaplain or counselor will harm their career. In fact recognizing one's limitations and need for help, and acting on them, is a positive character trait. What will harm a Marine's or Sailor's career is if they allow transition problems manifest themselves into poor performance, inappropriate conduct, alcohol abuse, drug use or domestic violence. Once a Marine or Sailor steps across this threshold, I, as a Commander, have little recourse, but to deal with them through the legal/disciplinary process.

**Question:** What is MotoMail and how does it work?

**Answer:** (*Motivational Mail*) The MotoMail service provides a discreet and secure way of sending a letter via the internet which is hand delivered to our Marines. This service is a combination of the electronic world and post office delivery. Now it is available to Marines and their families and friends who want to send fast correspondence to deployed Marines. Marines serving abroad are able to receive mail from their loved ones usually within 24 hours, not days or weeks. The sender goes to the website: [www.motomail.us](http://www.motomail.us) to create a letter and then sends it through the MotoMail server. The USMC Post Office serving the recipient's location, downloads the letter to a special machine, which prints, folds and seals it ensuring confidentiality. The letter is then delivered through unit mail call.

Special scanning locations have been set up at several USMC locations for hand-written letters, for senders who do not have computer access, or for notes from children. Senders only need to know the Marine's unit, not location. The system automatically directs each letter to the correct location.

**How Much Does it Cost ?**

- USMC MotoMail is FREE for everyone..
- Currently, MotoMail is paid for by HQMC.
- USMC Postal will deliver the letters at USMC overseas locations

visit [www.MotoMail.us](http://www.MotoMail.us) for more information

**Have questions?** Ask Colonel Kauer.  
Submit to IMHG's KVC 760-500-2698  
[crawfordl@i-mef.usmc.mil](mailto:crawfordl@i-mef.usmc.mil)

♦ ♦  
[http://www.i-mef.usmc.mil/hqtrs/mhg/MHG\\_News\\_Letter.htm](http://www.i-mef.usmc.mil/hqtrs/mhg/MHG_News_Letter.htm)

*To View Monthly Newsletter*

Jessica E. Reichert-Layout Coordinator

[www.mccsonesource.com](http://www.mccsonesource.com)

*MCCS One Source*

<http://public.amc.af.mil/SPACEA/spacea.htm>

*"Space Available Travel"*

<http://www.pendleton.usmc.mil/vita/home.htm>

*VITA's (Volunteer Income Tax Assistance)*

(760) 763-2518

[www.annualcreditreport.com](http://www.annualcreditreport.com)

*Credit Reports*

## NHCP still has INFLUENZA VACCINE available for **High Risk patients!**

The Naval Hospital is encouraging all eligible beneficiaries that fit in the CDC High Risk Categories to come in and get their Influenza Vaccination.

- Patients enrolled at NHCP or one of its Clinics, including TRICARE Oceanside should go to their respective enrollment site for their immunization.
- Other eligible military beneficiaries, meeting the CDC Criteria, can go to the NHCP Family Medicine Immunization Clinic on a walk-in basis Monday through Friday between the hours of 0800-1200 and 1300-1600.

### The CDC High Risk Criteria includes:

- All children aged 6-23 months
- Adults aged 65 years and older
- Persons aged 2-64 years with underlying chronic medical conditions
- All women who will be pregnant during the influenza season
- Residents of nursing homes and long-term care facilities
- Children aged 6 months-18 years on chronic aspirin therapy
- Health care workers involved in direct patient care
- Out-of-home caregivers and household contacts of children aged less than six months

The State of California has recently opened up the civilian Influenza vaccine supply to other risk categories but the DoD is still utilizing the DoD supply to take care of the CDC High Risk group as previously defined.

Until the DoD is satisfied that all of the people in the above groups have had an opportunity to get the vaccine they will not open up vaccine usage to other groups. The DoD is in the process of identifying the amount of remaining unused vaccine and if the remaining vaccine needs to be redistributed or not to take care of the above risk groups in other DoD locations. Other groups may include active duty personnel that are not deploying before March 2005 and other moderate risk persons.

For more information, contact the Preventive Medicine Department at (760) 725-9686



## MHG's/CE Christmas Party Photos



Santa Arrives....first class



Santa meets the kids....







Santa gave out lots of toys to all good girls and boys



They played....



And they played



This is so ADORABLE!!!!







There was fun going on in the Craft Room too!



## Camp Pendleton's Portable Career & Virtual Assistant Training Program™

February 17, 2005

Application Deadline:  
**1/3/2005**

### A Program for

Military Spouses based upon the  
Rapidly growing "Virtual Assistant" Industry

Please complete and submit the online application at:

[http://www.msvas.com/application\\_PENDLETON.htm](http://www.msvas.com/application_PENDLETON.htm)

### How Much Do Virtual Assistants Charge?

VA's generally charge by the hour, at rates ranging from \$20-\$45 depending upon their services. Certain specialized jobs such as Website, design or legal secretarial assistance command much more higher fees.

*For more information about this training program, please contact:*

Lori Cleymans 760.725.4737 or Jim White at 760.725.9481



## Pay & Benefits

The below website is not a military website, but it contains an easy to read article concerning the FY 2005 military Authorization Act. President Bush signed military Authorization Act on 28 October 2004.

*Please, read the website's article for specific details concerning changes to our military pay/benefits for FY-05.*

<http://usmilitary.about.com/od/militarypay/a/2005authact.htm>